



# August

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><i>*Tai Chi</i> 1 9:30-10:30am</p> <p><b>BYOL &amp; Bingo</b> (\$3) 12-2:30pm</p> <p><i>Supper Club</i> at <b>Village Squire</b> <b>*in McHenry</b></p> <p>~ Must pre-register. ~ Transportation not provided. 5-7pm</p>	<p>2</p> <p><b>*KEEP FIT &amp; STRONG</b> 10-11:30am</p> <p><b>Mah Jongg</b> 10am-12:30pm</p> <p><b>Pinochle</b> 1-3:30pm</p>	3
4	<p><b>*Balance, Strength &amp; Stretch with Cindy</b> 5 10-11am</p> <p><b>COOL BEADS</b> 11am-12:30pm</p> <p><b>SOAR READS! BOOK CLUB</b> <b>Housemaid</b> By Freida McFadden 1-3pm</p> <p><i>Tai Chi Evening</i> 6-7pm</p>	6	7	8	9	10
		<p><i>*Chair Yoga</i> 11am-12pm</p> <p><b>Bunco</b> 1-3pm</p> <p><b>Euchre</b> 1-3pm</p>	<p><b>Cribbage</b> 9-10am</p> <p><b>No TOPS!</b></p> <p><b>Poker</b> 10am-12pm</p> <p><b>Advisory Meeting</b> 1-2:30pm</p> <p><b>Canasta</b> 1:30-3:30pm</p> <p><i>*Gentle Mindful Yoga</i> 6-7pm</p>	<p><i>*Tai Chi</i> 9:30-10:30am</p> <p><b>Baked Potato Bar Lunch</b> (\$5) &amp; <b>Bingo</b> (\$3) *Requires pre-registration and pre-payment. 12-2:30pm</p>	<p><b>*KEEP FIT &amp; STRONG</b> 10-11:30am</p> <p><b>Mah Jongg</b> 10am-12:30pm</p> <p><b>SHIP Counseling</b> By appt. only 1-3pm</p> <p><b>Pinochle</b> 1-3:30pm</p>	
11	12	13	14	15	16	17
	<p><b>*Balance, Strength &amp; Stretch with Cindy</b> 10-11am</p> <p><i>*Tai Chi Evening</i> 6-7pm</p>	<p><i>*Chair Yoga</i> 11am-12pm</p> <p><b>The Breakfast Club for Men at ISABEL'S</b> 8-9:30am</p> <p><b>Brown Bag Lunch &amp; Movie</b> 1-3pm</p> <p><b>Euchre</b> 1-3pm</p>	<p><b>Cribbage</b> 9-10am</p> <p><b>TOPS!</b> 9:30-11am</p> <p><b>Poker</b> 10am-12pm</p> <p><b>Workshop Wednesdays</b> <b>Budgeting &amp; The Holidays</b> *Free, but please pre-register. 1-2:30pm</p> <p><b>Canasta</b> 1:30-3:30pm</p> <p><i>*Gentle Mindful Yoga</i> 6-7pm</p>	<p><i>*Tai Chi</i> 9:30-10:30am</p> <p><b>BYOL &amp; Bingo</b> (\$3) 12-2:30pm</p> <p><b>Social Hour at Winestock</b> *Must pre-register. *Transportation is not provided. 5-7pm</p>	<p><b>*KEEP FIT &amp; STRONG</b> 10-11:30am</p> <p><b>Mah Jongg</b> 10am-12:30pm</p> <p><b>Pinochle</b> 1-3:30pm</p>	

<p>18</p>	<p>19</p> <p><b>*Balance, Strength &amp; Stretch with Cindy</b> 10-11am</p> <p>COOL BEADS 11am-12:30pm</p> <p><i>SOAR Explorers Outing Horseback Riding @ Dan Patch Stables</i> \$35pp-Cash *Must pre-register and pre-pay. * Meet at the Stables promptly at 9:45am</p> <p><i>*Tai Chi Evening</i> 6-7pm</p>	<p>20</p> <p><b>*Chair Yoga</b> 11am-12pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p> <p><i>DIY Creative Workshop w/Jen: Make your Own Wind Chimes (\$5)</i> 1-2:30pm *Requires pre-registration and pre-payment.</p>	<p>21</p> <p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p><i>Open Sew!</i> 1-3:30pm *Please sign-up to save your space.</p> <p>Canasta 1:30-3:30pm</p> <p><i>*Gentle Mindful Yoga</i> 6-7pm</p> <p>Senior Citizen's Day!</p>	<p>22</p> <p><i>*Tai Chi</i> 9:30-10:30am</p> <p><b>Favorite Salads Lunch(\$5) &amp; Bingo (\$3)</b> *Requires pre-registration and pre-payment. 12-2:30pm</p>	<p>23</p> <p><b>*KEEP FIT &amp; STRONG</b> 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	<p>24</p>
<p>25</p>	<p>26</p> <p><b>*Balance, Strength &amp; Stretch with Cindy</b> 10-11am</p> <p><i>SOAR Explorers Meeting</i> 1-2:30pm</p> <p><i>*Tai Chi Evening</i> 6-7pm</p>	<p>27</p> <p><b>*Chair Yoga</b> 11am-12pm</p> <p>Leslie Goddard portrays <i>Lucille Ball</i> at Stage Left Café. 1-2:30pm</p> <p>*Sponsored by: Friends of the Opera House. Free to those aged 55+, and are lottery winners! <u>*Must complete a lottery ticket <i>in person</i> at SOAR in advance</u> for entry.</p> <p>Euchre 1-3pm</p>	<p>28</p> <p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p><b>LUNCH DATE at The Corned Beef Factory</b> 11am-12:30pm *Must pre-register *Transportation is not provided.</p> <p>Canasta 1:30-3:30pm</p> <p><i>*Gentle Mindful Yoga</i> 6-7pm</p>	<p>29</p> <p><i>*Tai Chi</i> 9:30-10:30am</p> <p><b>5<sup>th</sup> Thursday No Bingo</b></p>	<p>30</p> <p><b>*KEEP FIT &amp; STRONG</b> 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	<p>31</p>

SOAR@Dorr is located in the Dorr township Building at 1039 Lake Ave. It is open from 9-4pm Monday-Friday, and for evening activities as noted on the calendar.

Most programs at SOAR@Dorr are free. Programs or events that require payment are designated by a (\*). Try your first one for free! All wellness classes are \$5 per class. A \$25, 8 punch fitness pass is available which does not expire and is transferable to all fitness/wellness classes.

Questions? Call: 815-338-0125 or Email: Laura Wassinger at [lauraw@dorttownship.com](mailto:lauraw@dorttownship.com) or Lynda Rohe at [lynda@dorttownship.com](mailto:lynda@dorttownship.com)

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